

City of Fort Lauderdale's Wellness Calendar

FOR MORE INFORMATION, CLICK
ON PICTURES AND THE
HEALTHY TIP OF THE WEEK

March 2015

Dates shaded in
gray are Onsite
Wellness

Mon

Tue

Wed

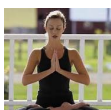
Thu

Fri

2

Yoga

City's Health & Well-
ness Center
12:00pm -1:00pm
(Every
Mon & Fri)
Space is



**HEALTHY
TIP OF THE
WEEK: Eat
Healthy**

3

Line Dancing

Osswald Park
6:00pm-7:30pm
(Every Tuesday)
Call 954-828-6455



4

5

**Weight
Watchers**

City Hall- Commis-
sion Chambers
12:00pm-1:00pm
(Every Thurs
For 12 w



6

**Smoking
Cessation**

myCigna.com
Join 24/7/365



9

**HEALTHY
TIP OF THE
WEEK:
Assess
Your Sleep
Habits**

10

11

Diabetes Education

City Hall- Commission
Chambers
12:00pm-1:00pm



12

Yoga

Riverside Park
6:30pm-7:30pm
(Every Thursday)
Call 954-828-8942



13

**Stress
Management**

myCigna.com
Join 24/7/365



16

**Weight
Management**

myCigna.com
Join 24/7/365



**HEALTHY
TIP OF THE
WEEK:
Prevent
Colon
Cancer**



17

18

Pickleball

Holiday Park Social
Center- Hockey Rink
5:30pm-8:30pm
(Every Mon, Wed, Fri)



19

**Diabetes Educa-
tion**

DSD Training Room
12:00pm-1:00pm



20

23

**HEALTHY
TIP OF THE
WEEK:
Prevent
Poisoning**

24

**Warrior Workout
Boot Camp**

Riverside Park
7:00pm-8:00pm
(Every Tuesday)
Call 954-828-8942



25

Diabetes Education

Fiveash Training
Room
7:30am-8:30am



26

Diabetes Education

Sanitation Training
Room 4-B
6:45am-7:45am



30

Golf

Osswald Park
6:00am-9:00pm
Call 954-828-6455



**HEALTHY
TIP OF THE
WEEK:
Wear a
Helmet**

31

**City employees have access to a
FREE fitness center at Osswald
Park.**

2220 NW 21st Avenue Fort Lauder-
dale, FL 33311

Monday- Friday: 10:00am-8:00pm
Saturdays: 10:00am-2:00pm
Sundays: Closed

**Interested in Well-
ness Activities, please
email:**

[Blos-
som.Paravattil@cigna.co
m](mailto:Blos-som.Paravattil@cigna.com)